

## Checklist for Tevillah

Many women find it helpful to have a checklist of basic mikveh preparations. If for any reason your preparations differ from this checklist, please consult your Orthodox rabbi before arriving at the mikveh.

- Remove clothing, jewelry, bandages. Check for scabs, bandaids or other interfering substances
- Remove all nail polish; cut, clean, file and smooth nails
- Brush and floss your teeth
- Remove any dirt, ink or makeup.
- Draw a warm, soaking bath, and enjoy relaxing in the bath! Pay special attention to your feet and toenails
- Soften toe nails; cut, clean, file and smooth toe nails
- Smooth any hard or rough skin on the feet and body with a file or pumice stone
- Shower in warm water; wash your hair and body, paying particular attention to folds and creases of the body:
  - Underarms
  - Neck folds
  - Between the thighs
  - Under the breasts
  - Between the toes
  - The navel
- Wash your hair
- Wash other areas:
  - Eyes and eyelashes: remove contact lenses before immersing
  - Nose: blow your nose and remove any crusts or mucus
  - External ear canal, ear lobes and behind the ears
  - External genital and anal areas

After your shower, check all visible areas, and touch areas you can't see to make sure there are no intervening substances.

Comb all your hair thoroughly

Do a final check of your body. You are now ready to immerse!